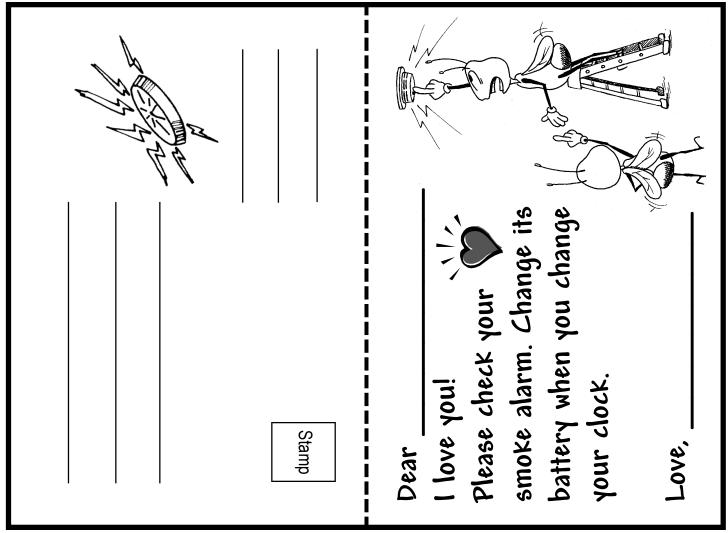


Send a Safety-O-Gram!

Ask a grown-up to help you. Cut out the postcard on the line that looks like this ————. Tape the two sides together at the bottom. Then mail or give this postcard to someone you love. Be sure to fill in all the blanks.



Bike Medics

Meet Carlos Valdivia and Russ Wiseman. They are Bike Medics with the Seattle Fire Department. Medics are special firefighters who help people who are hurt.

Carlos and Russ say being a Bike Medic is different than being a regular Medic. Regular Medics drive medic trucks to a place where someone is hurt. Bike Medics ride bikes. Bike Medics get more chances to talk with people. Carlos says they get to talk with kids. "When we work at parks we show kids how to wear their helmets right. We also show them our equipment so they can get excited about riding bikes."



Carlos and Russ are safe bike riders. They follow the rules. They always wear their helmets. They ride with a buddy. They warn each other when cars are coming. They wear bright red clothes and silver helmets that are easy to see. Russ says, "We also wear safety glasses. When we ride in a crowd, we could get poked in the eye. Bat Day at Safeco Field can be dangerous!"



Photo by Roxanne Eberhart

Bike Medics work at fun events. They work at parades, concerts and Mariners games. They work at Seahawks and Huskies games too. This year the Bike Medics will be at over 130 events. If you see them, tell them how you stay safe on your bike.



Look at the pictures on the left, then spell the words. Use the letters in the boxes to solve the puzzle question at the bottom.

		Pencil por Financial Association (Kitter)
What do	you wear whenever you i	ride your bicycle?
I always	s wear my	

Help the Firefly Family Find Their Way to Safety!

Make a story by putting the parts of the story in order. Start with number 1. We did it for you. Decide what comes next for numbers 2, 3, 4, 5, 6, 7 by putting the numbers in the boxes. Then color a path for the Firefly family to follow.

